

# *Embrace*

## In this issue

**Advocate for Mental Health – Specialist first language and Independent Mental Health Advocacy service**      **New Horizons - Opportunities**  
**Staying Fit Forever at 50+ with Open Age Classes**

**Preventative Mental Health Project for BME Mothers**      **Church Street Cooking Challenge**

**Happy and Healthy Partnership in SW1**      **BME Health Forum and its Structures**



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**Embrace** is the official newsletter of the BME Health Forum. It aims to reflect the health issues, views and concerns of the BME communities in both boroughs.

It is a quarterly newsletter and is published in the following months: **March, June, September and December**. If you would like to contribute to it, please e-mail the Forum at [bmehealthforum@westminster-pct.nhs.uk](mailto:bmehealthforum@westminster-pct.nhs.uk).

Embrace is currently circulated to over 430 organisations, groups and individuals from the statutory, voluntary and community sectors in KCW.

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Vivien Davidhazy

## Content

Quarterly Meeting Notes– June 2010	3
Advocate for Mental Health – Specialist first language and Independent Mental Health Advocacy service	9
Preventative Mental Health Project for BME Mothers	10
Happy and Healthy Partnership in SW1	10
Opportunities at New Horizons	11
Staying Fit Forever at 50+ with Open Age Classes	12
Church Street Cooking Challenge	13
Agenda for June BME HF Quarterly Meeting	14
BME Health Forum and its structures (Extract from TOR)	15
Don't ask me to do an Adults Job! - GPAW poster	16

## BME Health Forum Quarterly Meetings for 2010

Date	Venue	Time
Wednesday, 23 <sup>rd</sup> June	Lighthouse West London**	12.30- 3.30pm
Wednesday, 22 <sup>nd</sup> September	Paddington Arts*	12.30- 3.30pm
Wednesday, 15th December	Venue to be determined	12.30- 3.30pm

\*Paddington Arts, 32 Woodfield Road, W9 2BE (nearest underground: Westbourne Park, buses 18, 23, 31, 36, 328)

\*\*Lighthouse West London, 117 Lancaster Road, London W11 1QT (nearest underground station: Ladbroke Grove, on the Hammersmith & City Line)

**Details and agendas for the meetings will be sent out in time.**

The BME Health Forum is funded by NHS Kensington & Chelsea  
and NHS Westminster

  
**Kensington and Chelsea**

  
**Westminster**

# BME healthforum

## Quarterly Meeting Notes March 2010

Venue: Paddington Arts



**BME Health Forum Steering Group Members: From left to right: Lev Pedro (K&C Social Council), Ziaur Rahman, BME HF Chair (QPBA), Melissa Berry (CLCH), Isis Amlak (MRCF)**

**Shami Begum (QPBA)** Chaired the meeting in place of Ziaur Rahman (BME Health Forum Chair) for this meeting in honour of **International Women's day** earlier in the month and our theme of **Women's health issues**.

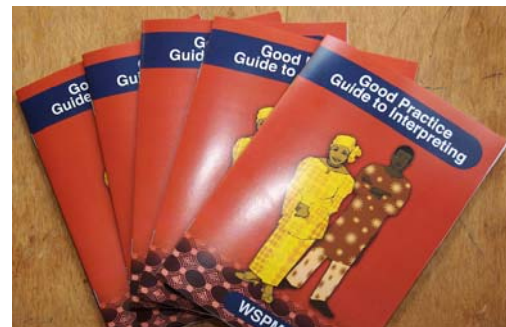
During lunch there was a screening of 'Unsung Heroines', a short documentary film detailing the lives of three Moroccan Women who migrated to Britain in the 1980's, made by Al Hasaniya Moroccan Women's project.

### Item 1: Launch of the GPAW programme's two new publications – 'Good Practice Guide to Interpreting' & 'NHS Fact card's.

*Isis Amlak – MRCF (Project coordinator of the Good Practices for Access & Well-being Programme)*

Isis introduced the two new BME Health Forum publications that have been produced at the culmination of the Good Practice for Access & Well being programme, an 18 month pilot programme working directly with BME community groups and health

providers aiming to improve access to primary care services



**English language version of the Good Practice Guide produced by WSPM AGAPE community group.**

Isis announced that the Guides and NHS Fact cards will shortly be available in all 6 languages from the 6 community groups who took part in the programme. These groups are:

- Al Hasaniya
- Chinese National Health Living Centre
- Midaye Somali Development Network
- Queens Park Bangladesh Association
- WSPM Agape
- Kongolese Centre for Information and Advice

The Final report of the GPAW programme will be launched at the next Quarterly Meeting on 23<sup>rd</sup> June 2010.



**NHS Fact Cards available in 6 community languages**

## Item 2: Presentation 1: Women's Health and Equality Consortium

*(Lorraine Dongo)*

The Women's Health and Equality consortium is one of 17 strategic partners working with the Department of Health to tackle different equality strands. The consortium is a partnership of women's organisations tackling women's issues.

£1.2 billion is the cost to the NHS per year of addressing injuries from violence against women.

So why has the Gender Equality Duty not been used effectively and how can we use the Gender Equality Duty to improve services?

The move away from grant funders to commissioning has caused a lot of groups to shut down. We have to now work with commissioners.

### What are the Challenges?

In Kensington and Chelsea there is a 10 year gap between the highest life expectancy and the lowest. In Westminster the gap is 12 years. BME communities live predominantly in the

deprived areas and ¾ live in social housing.

Health awareness info is not targeted at BME communities. Because population is shifting constantly it is up to the voluntary and community sector to provide the information to the PCTs because they do not have adequate information.

We also need to look at the social determinants of health. What stress related problems do specific jobs create? Also housing – how will living conditions effect women's health?

When looking at Women's health we need to look at all the social determinants.

We could for example look at the London Health and Equality Strategy and ask ourselves how relevant is it to Women's health in my community. We could look at Local Authority agreements. If they don't have the relevant information they will not engage with that agenda so we need to work in partnership with the PCTs and get the relevant information to them.



**Lorraine Dongo (Women's Health & Equality Consortium)**

### BME Women – what are the issues?

- Domestic Violence
- Child forced marriages
- Child poverty
- FGM
- Offender health

What are we doing about these issues? We need to look beyond our own catchment areas to effect change on a regional and local level. This is what the WHEC are about.

### Item 3:

## Presentation 2: Westminster Domestic Violence Forum

(Carmel Traynor)



This is an important year for Women's services in the areas of Legal issues and Prevention strategies.

In February 2010 some interesting facts were collected. Of 32 boroughs in London, Westminster suffers the most per thousand of cases of domestic violence. One quarter of 16-59 year olds experienced stalking. Then there is the issue of FGM (Female Genital Mutilation) which is under reported. There is also an increase in forced marriages and sex workers are at risk of sexual assault.

7% of 16 – 59 year olds are victims of Domestic Violence.

A government strategy was produced in November 2009 which accepts the cost and implications of these types of abuses and violations by setting them down in a government document.

The strategy includes using the 3P framework:

- Prevention (of violence)

- Provision (of the necessary support to women and girls)
- Protection (of victims of violence)

### How do the figures and statistics collected relate to BME communities?

There is of course a problem with having a generic approach to services. We are trying to capture numbers in terms of BME communities but it is not easy.

74,000 women in the UK have undergone FGM with a further 7,000 at risk.

In the Domestic Violence Forum we do want greater representation from BME women.

This year was the first year that Westminster took part in the Million Women Rise March earlier this month.

In Westminster it seems to be very easy for many women to remain hidden.

We need to deliver a statement of needs and demands.

As there is a growing number of cases of violence against men we are moving towards the term: **Gendered violence and abuse.**

### Q&A

Question: How exactly do you reach out to and identify women in need?

Answer: *One way is to provide women only spaces.*

We need to ask ourselves why so many women do not come forward. We need to take into account whether people are aware of confidentiality; the problem of language barriers needs to be addressed also.

Question: Regarding 'Women only spaces' – How will we then bring the men on board? For example with

FGM, many women say no – but what do you do when the men won't marry their girls?

*Answer: Yes, we must be very clear about the difference. We must build awareness beyond women only spaces. We must not isolate men but bring them with us. This is very important to effect change.*

*We must not ignore the fact that there are times when we need to have a space where men and women are to be brought together.*

#### Item 4:

### **Presentation 3: Cancer Screening Services** (NHS Westminster)

#### **Cervical Screening** – Judith Walker

We want to improve the uptake of Screening services.



**Judith Walker (NHS Westminster)**

There is a common misconception about Cervical screening that it is a test for cancer. It is not a test for cancer but rather a test for the early warning signs.

Cervical cancer is a rare disease – it is currently 11<sup>th</sup> out of the top cancers.

80% of cervical cancers are in the developing world. It is not prevalent in the UK.

It is a sexually transmitted cancer that develops from the human papilloma virus (HPV).

4/5 women will catch HPV – it is an indiscriminate virus this is why it should concern every woman in this room as there will most definitely be some women who have not had a smear test.

#### **The screening test:**

Now some women are allowed to do it themselves if they feel more comfortable.

If women feel uncomfortable they need to complain to PALs.

We need to know what women's experiences are so that we can find out what's wrong with the service and see if there is more that can be done to encourage higher numbers of women to attend.

#### **Breast Cancer Screening** – Hazel Brodie

Currently women are invited for Breast cancer screening from age 50 – 70. This is because the risk of getting breast cancer is significantly higher after the age of 50.

The test:

- It takes about half an hour.
- There are forms to fill out beforehand regarding identity and history – we are currently working on getting interpreters where there is a need.
- In the X-ray room there are only ever female radiographers.
- The X-ray takes about 5 minutes. It is mildly uncomfortable for some moments – a bit like when taking your blood pressure.

Invitation letters are sent out to 50 – 70 year olds every 3 years and at any time after a woman has missed an appointment she can request another appointment.

Post- menopausal women should not be dying of Breast cancer.

If women were actually screened every 3 years then the cancer would be found in time for effective treatment.

The cancer is developed by way of your hormone levels (Oestrogen) interacting with your breast tissue.

Breast cancer is one of the most common forms of cancer and 1 in 9 women contract it.



**Hazel Brodie (NHS Westminster)**

### Prevention

We are getting pharmacies to promote Breast screening services.

We are trying to make it a user friendly service.

We are now calling women who are overdue.

We are hoping to develop a programme with community organisations to promote the service.

### **Q&A**

**Question:** Is it true that Black and Asian women are more likely to die of breast cancer?

*Answer: There is more than one type and there is a type that affects the black community to a higher degree. However, again, if it is detected early the treatments are more likely to work. It is a fact that there is a lower uptake of screening services in more deprived areas and BME groups are more likely to live within these areas.*

**Question:** Letters are clearly not being understood by many. More needs to be done than just acknowledge the language barrier. Should language not be a box to be ticked when registering with a GP?

**Answer (Brian Colman – NHS Westminster):** It is a big task unfortunately and there is no guarantee that even if the GPs have that info that it will be shared with the right people. In the meantime what needs to be done is to work with raising awareness in the community and also take into account the work that the GPAW programme has done. NHS fact cards have just been produced in 6 community languages in addition to the Good Practice guide to Interpreting. These are also going to be sent out to all GP practices along with NHS Westminster's Interpreting pack.

**Question:** In Westminster is there a mobile screening unit? This might be a good way to reach out to communities.

*Answer: Mobile units have been used before but the feedback was that most women would rather have the test done in a hospital. Perhaps it might be good to bring it back in those areas where there is a low uptake.*

**Comment:** regarding Cervical smear tests - speaking to a lady from the Somali community I found out that women would feel better about attending if it took place in a more anonymous place like a hospital – where they are unlikely to meet with the individual giving the test again.

They feel exposed and embarrassed in the GP setting.

*Answer: Yes we are trying to give women the option of having it done in a separate clinic so they don't necessarily have to have it done at their GP practice.*

Question: Is it necessary to have the cervical smear test if you have only ever had one partner –your husband?

*Answer: There is a misconception that it is only for women who have had more than one partner. In actual fact it only takes one partner to transmit the virus and the virus could lie dormant for years.*

Question: What about the HPV vaccination that is being offered to teenagers at the moment?

*Answer: At the moment the vaccination only prevents 2 types of HPV and they are the ones most prevalent in Western Europe. Also, we are not 100% sure how long it works for so these women will still need to go for their smear tests.*

## Item 5: Information and advice

Arabic families outreach service: K&C pct are working with Al-Hasaniya providing a consultation service for Arabic-speaking or Muslim parents who are concerned about the

emotional well-being of family members.

<http://www.kc-pct.nhs.uk/services/camhs/earlyintervention.aspx>  
[www.al-hasaniya.org.uk](http://www.al-hasaniya.org.uk)

Al-Hasaniya Moroccan Women's Project: Based in North Kensington we offer advice and support in health and welfare of Arabic speaking women.

We have a Domestic Violence project and also a children and families mental health project as well as many other services.  
[www.al-hasaniya.org.uk](http://www.al-hasaniya.org.uk)

Women's Trust: Work with women residents of Westminster and K&C who are suffering from Domestic Violence. We offer both counselling services and therapeutic services.

[www.womanstrust.org.uk](http://www.womanstrust.org.uk)

St Charles Mental Health Centre: We provide help with Women's transition back into health and their community.  
[http://www.cnwl.nhs.uk/Kensington\\_Inpatient\\_St\\_Charles\\_Mental\\_Health\\_Centre.html](http://www.cnwl.nhs.uk/Kensington_Inpatient_St_Charles_Mental_Health_Centre.html)

BME women's pilot research project:  
Access to breast and cancer screening services - K&C LINK are holding community based focus groups to find out the views and experiences of BME female residents regarding access to cancer screening services.

Info: [rbkclink@hestia.org](mailto:rbkclink@hestia.org)

## Next two BME Health Forum Quarterly Meetings!

Wednesday **23<sup>rd</sup> June** at the Lighthouse, West London  
**12.30- 3.30pm**

Launch of the Final Report of the Good Practice for Access and Well-being programme

◇

Wednesday **22<sup>nd</sup> September** at the Paddington Arts centre, Westbourne Park  
**12.30- 3.30pm**

A focus on Mental Health Issues + Response to the GPAW Final report from NHS K&C & NHS Westminster

**ALL WELCOME!**



## **Specialist first language and Independent Mental Health Advocacy service in Westminster and Kensington & Chelsea**

Advocate for Mental health (AfMH) provides generic independent community and inpatient mental health advocacy to residents of Kensington & Chelsea and Westminster who wish to use, are using, or have previously used mental health services.

### **Independent Mental Health Advocacy (IMHA)**

From the 1<sup>st</sup> April 2009 under provisions introduced by the Mental Health Act 2007, detained patients in England started having the right to access help from an Independent Mental Health Advocate (IMHA). IMHA's are an important new safeguard that support patients to understand and exercise their legal rights. An IMHA is a specialist advocate, granted a specific role and responsibilities under the Mental Health Act.

Advocate for Mental Health is providing the IMHA service in the boroughs of Westminster and Kensington and Chelsea, in hospital and the community. In addition, Advocate for Mental Health also provides an IMHA service to Older Adults in Kensington and Chelsea.

### **Specialist first language advocacy**

AFMH provides specialist first language advocacy service across both boroughs in hospital and the community. We provide first language advocacy in **Arabic, Farsi and Somali**. From July 2010, we will also provide first language advocacy in **Chinese, Mandarin and Cantonese**. This free and confidential service was developed to meet the specific needs of the members of these communities. The first language advocates are also IMHA advocates

### **Referrals and contact details:**

- To contact an IMHA, please email [info@afmh.org.uk](mailto:info@afmh.org.uk) or call on **020 8969 300**.

To contact or refer to:

- the Arabic speaking advocate, please call **Bilal El-Harass** on **0208 9682612** or email [bilal@afmh.org.uk](mailto:bilal@afmh.org.uk)
- the Farsi speaking advocate, please call **Sanaz Hedayati** on 0208 968 2607 or email [sanaz@afmh.org.uk](mailto:sanaz@afmh.org.uk)
- the Somali speaking advocate, please call **Sadia Abdi** on **0208 968 2611** or email [sadia@afmh.org.uk](mailto:sadia@afmh.org.uk)

If you want to write to us, this is our address:

**Advocate for Mental Health**  
73St. Charles Square  
London W10 6EJ  
[www.afmh.org](http://www.afmh.org).

# Preventative Mental Health Project for BME Mothers



**Lena Choudary-Salter**, Director of The Mosaic Community Trust introduces and launches a new project funded by NHS Westminster, focusing on the wellbeing and mental health of women in Westminster from Black and minority ethnic (BME) communities.

The Mosaic Community Trust has been working in Westminster since 2005 and has established two interfaith women's learning and support groups in the borough. Over the past three years, 200 women from BME communities took part in the activities of the project. These women said that depression was one of the major health problems that they face and one which it was difficult to address because of social and cultural barriers.

## Introducing Mosaic's Way!

To address these issues, The Mosaic Community Trust has launched a new arm to the trust called Mosaic's Way.

Mosaic's way is interested in the mental well being of BME mothers with children living at home. We seek to make a lasting community impact by addressing some of the factors around preventative Mental Health care, such as stress, anxiety, parenting, social and cultural barriers, domestic violence; reproductive and sexual health.

## Support

The majority of these women are not aware of their right to get help, and use support services. And many are not aware of services which can provide a safe and confidential environment to enable them to manage and overcome their mental health problems.

The aim of this new project is to enable women from BME communities to become aware of their rights relating to mental health issues and services, to support them to make use of preventive and curative services to improve their mental Well being.

The project will offer a range of services for women, including: health awareness building workshops; information and advice; self-help group support; counselling; advocacy and referrals to services.

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## Happy and Healthy Partnership in SW1

The NHS GP innovation fund has awarded funding for an innovative new partnership in south Westminster between **Marven Medical Practice** and **A Moveable Feast**.

A calendar of monthly events, planned in line with the annual health promotion calendar aims to raise awareness of a range of different health issues to Arabic and Bangladeshi residents living in SW1.

The monthly events will be run at the surgery, and lead by either Dr Sam Rodgers or another health professional from the practice, depending on the workshop theme. Following the workshop those attendees who need follow up treatment or a more detailed assessment will either be signposted to their own GP by A Moveable Feast or booked in for an appointment at Marven.

This pilot is a new model of working between a GP surgery in SW1 and a local voluntary organisation. If

successful we are hoping to roll out the model across the cluster to improve access to services by some of the most needing residents.

Workshop themes over the year include smoking cessation, men's health, children's immunisation, healthy hearts, screening services, diabetes and holiday health.

For more information on the workshops please contact Emma Wilson at A Moveable Feast on 020 7227 0643 or e-mail [emma.wilson@theabbeycentre.org.uk](mailto:emma.wilson@theabbeycentre.org.uk)

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## Opportunities at New Horizons

**Since opening in 2007, New Horizons has become a hub for older people in Kensington and Chelsea, providing a place where local residents can come to develop talents, learn new skills, meet new people, and most of all enjoy themselves and have fun. As long as you are over 50 age is no boundary, and some of the activities on offer may surprise and intrigue you.**

On Wednesday mornings from 11.00-11.50, hips swivel and sway and arms wave and flutter as students in the Belly Dance class (men included!) loosen up and get moving. At times they dance to the jangle of bells or the waving of scarves, and always with smiles and laughter. The class is for people of all levels and physical abilities and beginners are welcome, so it's never too late to give it a go.

If your interest is in dance from the other side of the world, Truly Salsa and Latin Dance will get you moving to a Latin beat. Learn how to zumba, rumba, samba, and salsa your way through the day. As with Belly Dance,

all you need is loose clothing, comfortable shoes, and a desire to try something new and fun. You can join Truly Salsa at New Horizons on Tuesdays from 12.00-12.50. Latin Dance, which takes place at the Chelsea Methodist Centre in King's Road SW3, is on Fridays from 12.30-2.00.

With over 60 weekly free or low-cost activities on offer, there is much, much more than dance at New Horizons and there are as many opportunities to use your existing talents and skills as there are to learn new ones. The newsletter group welcomes people interested in writing, reporting, editing,

photography, and proof-reading who would like to contribute to New Horizon's quarterly newsletter. Or, to use other skills and interests, why not offer your time as a volunteer? Volunteering opportunities include admin and reception, escorting, and facilitating or running classes and activities.

If you're still not convinced, stop by the centre any weekday (excepting bank holidays) between 9.30-4.00 to

observe a class and discover for yourself the wealth of possibilities that New Horizons can open up for you.

For more information on classes or volunteering, or to get a full timetable of New Horizons activities, ring the centre on 020 7590 8970 or check our web site [www.new-horizons-chelsea.org.uk](http://www.new-horizons-chelsea.org.uk).

**New Horizons, Guinness Trust Estate, Cadogan Street SW3 2PF.**

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## Staying Fit Forever at 50+ with Open Age Classes



We all know how important it is to stay fit and healthy in later life, but it's so easy to promise yourself you'll exercise and then not get round to it. Luckily Open Age has some fantastic and affordable Big Lottery funded BME fitness classes happening in The Royal Borough of Kensington and Chelsea. If you commit yourself to a weekly class you'll have fun, meet new people and get some great exercise without it feeling like a chore! Try one of the following:

- Chair exercise, at Pepperpot Centre, Monday 11.30am.
- Women's only Yoga, at Muslim Cultural Heritage Centre, Tuesday at 11am.
- Men's Gym, at Westway Sports Centre (run by Muslim Cultural Heritage Centre) Tuesday at 6pm.

For more information on these, or any of our other 170 weekly classes, please call us on 0208 964 1900.

Supported by  
 **The National Lottery**<sup>®</sup>  
 through the Big Lottery Fund



# Church Street Cooking Challenge



Church Street Neighbourhood Management is challenging local residents to cook and eat more healthily. NHS Westminster has commissioned the neighbourhood management team to deliver a year long healthy cooking, healthy eating programme in the Church Street area, North Westminster.

We are working closely with the NHS, local schools and community groups to target residents most likely to benefit from the programme. The team have put together a series of activities and events for local residents to get involved in.

- Eight sets of free, **cook and eat courses** have been organised to teach a number of residents about healthy diets,

## Cook and Eat Classes

Dates	Time	Location
21 <sup>st</sup> May to 25 <sup>th</sup> June	11:30am until 1:30pm	Derry Hall
17 <sup>th</sup> June to 22 <sup>nd</sup> July	11:30am until 1:30pm	Luton St. Playcentre
14 <sup>th</sup> Sept to 19 <sup>th</sup> Oct	11:30am until 1:30pm	Derry Hall ( P.T.O.)

healthy cooking and shopping locally.

- **Food demonstrations** are being put on in various locations in the ward to teach larger audiences healthy cooking techniques.
- A **recipe competition** is being used to encourage talented amateur cooks to share their recipes and inspire others to cook and eat more healthily. Recipes are posted on the neighbourhood management website and will go in to a Church Street Cook Book.



## Church Street Recipe Winner, Dadou Elvin


To learn more about the programme contact Leigh Gravenor on [lgravenor@westminster.gov.uk](mailto:lgravenor@westminster.gov.uk) or 020 7641 5424. Or simply drop in to our office at 88 Church Street and ask a member of staff.



**Cook and Eat Classes** continued from previous page:

16 <sup>th</sup> Sept to 21 <sup>st</sup> Oct	11:30am until 1:30pm	Derry Hall
9 <sup>th</sup> Nov to 14 <sup>th</sup> Dec	11:30am until 1:30pm	Derry Hall
11 <sup>th</sup> Nov to 16 <sup>th</sup> Dec	11:30am until 1:30pm	Derry Hall
11 <sup>th</sup> Jan to 15 <sup>th</sup> Feb	11:30am until 1:30pm	Derry Hall
13 <sup>th</sup> Jan to 17 <sup>th</sup> Feb	11:30am until 1:30pm	Derry Hall

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	<h2>Quarterly Meeting Agenda: June 2010</h2>																				
<p><b>Date &amp; Time:</b> Wednesday, 23<sup>rd</sup> June 2010, 12.30pm – 3.30pm  <b>Venue:</b> London Lighthouse, West London  111-117 Lancaster Road, W11 1QT (nearest underground station: Ladbroke Grove, Hammersmith &amp; City Line)</p>																					
<p><b>Programme</b></p> <table> <tr> <td>12.30pm</td> <td>Arrival, registration and lunch</td> </tr> <tr> <td>1.00pm</td> <td>Chair – Welcome and introduction of meeting theme</td> </tr> <tr> <td>1.10pm</td> <td>Isis Amlak – <b>Good Practices for Access &amp; Wellbeing:</b> Launch of the final report followed by Q&amp;A</td> </tr> <tr> <td>1.40pm</td> <td>GPAW Access case studies dramatised by the Migrants Resource Centre’s ESOL &amp; Drama group</td> </tr> <tr> <td>2.00pm</td> <td><b>Coffee Break</b></td> </tr> <tr> <td>2.10pm</td> <td>Agnes Olagunju (Deputy Head of Primary Care Commissioning NHS Westminster) – presentation on progress on the Forum’s Dentistry report’s recommendations</td> </tr> <tr> <td>2.30pm</td> <td>John Dimmer (Policy and Partnerships Manager. Westminster City Council) - Presentation regarding Voluntary sector funding review and Q&amp;A</td> </tr> <tr> <td>3.00pm</td> <td>Sue Nelson - Presentation from Major Health Campaign Project followed by Q&amp;A</td> </tr> <tr> <td>3.15pm</td> <td>Information exchange</td> </tr> <tr> <td>3.30pm</td> <td><b>Close</b></td> </tr> </table> <p style="text-align: center;"><b>ALL welcome</b></p>		12.30pm	Arrival, registration and lunch	1.00pm	Chair – Welcome and introduction of meeting theme	1.10pm	Isis Amlak – <b>Good Practices for Access &amp; Wellbeing:</b> Launch of the final report followed by Q&A	1.40pm	GPAW Access case studies dramatised by the Migrants Resource Centre’s ESOL & Drama group	2.00pm	<b>Coffee Break</b>	2.10pm	Agnes Olagunju (Deputy Head of Primary Care Commissioning NHS Westminster) – presentation on progress on the Forum’s Dentistry report’s recommendations	2.30pm	John Dimmer (Policy and Partnerships Manager. Westminster City Council) - Presentation regarding Voluntary sector funding review and Q&A	3.00pm	Sue Nelson - Presentation from Major Health Campaign Project followed by Q&A	3.15pm	Information exchange	3.30pm	<b>Close</b>
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3.30pm	<b>Close</b>																				

# The Black and Minority Ethnic (BME) Health Forum and its structures

(Extract from Terms of Reference– available on request from Nafsika Thalassis or Laetisia Staniforth, Joint Interim Forum Managers at [bmehealthforum@westminster-pct.nhs.uk](mailto:bmehealthforum@westminster-pct.nhs.uk) )

The BME Health Forum is a collaborative partnership between statutory, voluntary and community organisations that aims to improve health and reduce health inequalities for BME communities in the Royal Borough of Kensington & Chelsea and the City of Westminster. The Forum is not an organisation and does not have any legal status. Nevertheless, it is an independent body accountable to local BME communities through its Steering Group and Chair. The Forum is funded by NHS Kensington & Chelsea and NHS Westminster through a Service Level Agreement.

The Forum aims both to empower communities to engage effectively in debate with the health services and to enable statutory services and health professionals to hear, understand and respond adequately to the health needs of BME communities.

## The BME Health Forum Manager

The BME Health Forum Manager is an employee of NHS Westminster who is seconded to the BME Health Forum to manage the BME Health Forum. S/he is responsible for managing the Forum's operational programme, including managing projects, line managing other BME Health Forum staff, having responsibility for the Forum's budget and working to ensure that the Forum meets its strategic and operational aims and objectives as outlined above.

## Steering Group Membership

The steering group membership should include approximately 15 people and maintain a majority of voluntary sector involvement.

Where there is more than one possible person/organisation who can fill a particular slot, recruitment will involve an expression of interest and interview process.

The BME Health Forum Steering Group can include:

- Representatives of local BME organisations. This should include BME community organisations including migrant and refugee organisations and local organisations specialising in health issues affecting particular BME groups including migrants and refugees (maximum of 10)
- Representatives from the Councils for Voluntary Service in Kensington & Chelsea and Westminster: Voluntary Action Westminster and Kensington & Chelsea Social Council (maximum of 2)

- Representatives of Kensington & Chelsea LINK and Westminster LINK (maximum of 2)
- NHS commissioners from NHS Westminster and NHS Kensington & Chelsea (maximum of 2)
- Representatives from the Health Provider Trusts: Central & North West London NHS Foundation Trust, Central London Community Healthcare, Chelsea and Westminster Hospital Foundation Trust and Imperial College Healthcare NHS Trust (maximum of 4)
- Representatives from the Royal Borough of Kensington and Chelsea and Westminster City Council (maximum of 2)
- BME Health Forum Manager
- BME Health Forum Project Workers
- Additional members who can provide a useful input to the Steering Group because of their experience and skills (maximum of 2)

## Job description for Steering Group members

- Act as a spokesperson for the Forum within own organisation
- Read relevant papers and attend 4 Steering Group meetings per year
- Work together as a team to guide the strategic direction of the Forum and make relevant decisions
- Raise issues and recommendations that have been identified by the Forum with relevant people within own organisation and influence decision making
- Represent the Forum in other bodies and committees as required
- Attend the Forum Quarterly Meetings.

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HEALTHY CHINESE CENTRE